

# MAYYA'S



# HOMES

# HI!

**This is a book about a little kid named Maya. The book "Brave Maya" is about something that happened in Maya's family. This book is about what happened next.**

**Stuff like this happens to lots of kids and families. What happens to you might be different. Or you might have different feelings about it. That's okay. Maya wants you to know that YOU ARE NOT ALONE.**

**This book is yours. You can draw, color, and write in it. And you can keep it.**



Maya loved summer time.

She got to play outside almost every day  
with her friends.



And she got to eat popsicles that turned her tongue purple.



One day, Maya's mommy asked her,  
"Do you remember Sam?"



Maya said, "She was the nice  
lady that told me about court,  
and gave me crayons."

**"Yes. It's time for us to go see her again."**



**Maya liked Sam.**

**But Maya could tell Mommy was worried.  
That made Maya feel worried, too.**

Maya and her mommy went to see Sam.

Sam smiled and said, "It's nice to see you, Maya! Is that a new horse?"





**"Yes!" Maya said and showed her the purple horse.**

**"What's its name?" Sam asked.**



**"It's Midnight! Auntie gave it to me for my birthday. He helps me feel better sometimes."**

Another lady walked over.



Mommy said, "Maya, this is Jamila. She's here to help me, like Sam helps you."

"Hi, Maya," Jamila said. "It's nice to meet you. Let's sit down."





Sam said, "We're all working together to help you and your mommy."

She looked at Maya's mommy, who said, "Maya, do you remember the judge?"



Maya said, "Yes?"

"He thinks it's not safe for you to be home right now."

**Sam said, "He thinks your mommy needs some help taking care of you."**



**"He wants you to stay somewhere while Mommy gets help."**

**"Where? I don't want to go!" Maya cried.**

**Jamila said, "We try to find a safe place for you to stay with your family or another helping family."**

**"But who's going to take care of me?" Maya asked.**

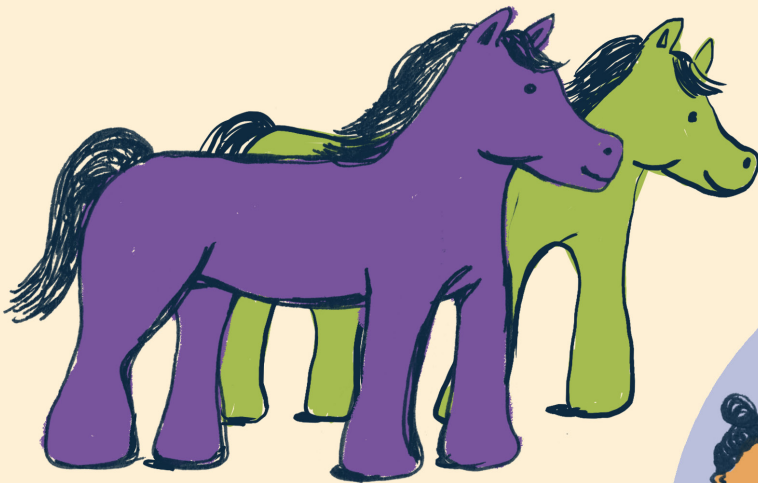
**Mommy said, "Our judge said you can stay with Auntie."**





**"Will I be able to see Mommy?"  
Maya asked them.**

**"Yes," Jamila said.  
"She can come see you  
at Auntie's house, and  
you can talk on the  
phone any time."**



**"Can I bring  
my horses?"**

**"Yes, Maya," her mommy  
said. "You can definitely  
bring your horses!"**





Maya was still worried.

"When can I go home?" she asked.

"We don't know yet," Mommy said. "The judge will decide."



"But I'm going to work really hard so you'll be home soon."

## ACTIVITY.

Maya had a lot of questions for the grown-ups. Here are some of them.

WHO'S GOING TO TAKE CARE OF ME?



WHAT ABOUT MY TOYS?

WHERE WILL I GO TO SCHOOL?

DO THEY HAVE SWINGS?







What questions do you have?

You can use these pages to talk about them with the grown-ups helping you.

WILL I HAVE MY OWN ROOM?

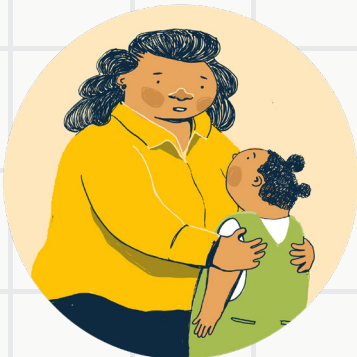


WHAT ABOUT MY PET?



WILL THEY HAVE FOOD I LIKE?

WILL I GET TO SEE MY MOMMY?



WHEN CAN I GO HOME?

**"I know this is a lot to think about," Sam said. "How do you feel, Maya?"**



**"My tummy hurts."**

**Sam said, "When we have big feelings, sometimes we feel them in our body."**

**“Doing something that relaxes your body can help,” Sam said. “Do you want to try the noodle?”**



**Maya said, “Okay.”**

**She always liked doing the noodle. “Can we all do it together?”**



## ACTIVITY.

Sam told Maya that sometimes when we have big feelings, we feel them in our bodies.

Here are some of the ways Maya and other kids feel them.



Your body feels tight all over



Your tummy hurts



Your heart beats fast



You start breathing fast



Your head hurts

Do you feel any of these in your body?

Sam also said there are things Maya can do to feel better.

She and Maya showed Jamila and Mommy how to do the Noodle.



First, stand up really straight, with your hands at your side, like an uncooked noodle.

Take a deep breath, and then relax your whole body, like a floppy, cooked noodle.



Can you try being a noodle?

After that, Maya went to live with Auntie.

She brought her horses and her favorite blanket and pillow from home.



**Auntie had different rules at her house.**

**Maya liked that she got to play on the swings a lot. At least until it started getting cold outside.**



But Auntie didn't let Maya watch as much TV as she was used to.

And she had to go to bed earlier.





**Maya's days were really busy now.**

**Some days she went to see her counselor, Anya.**

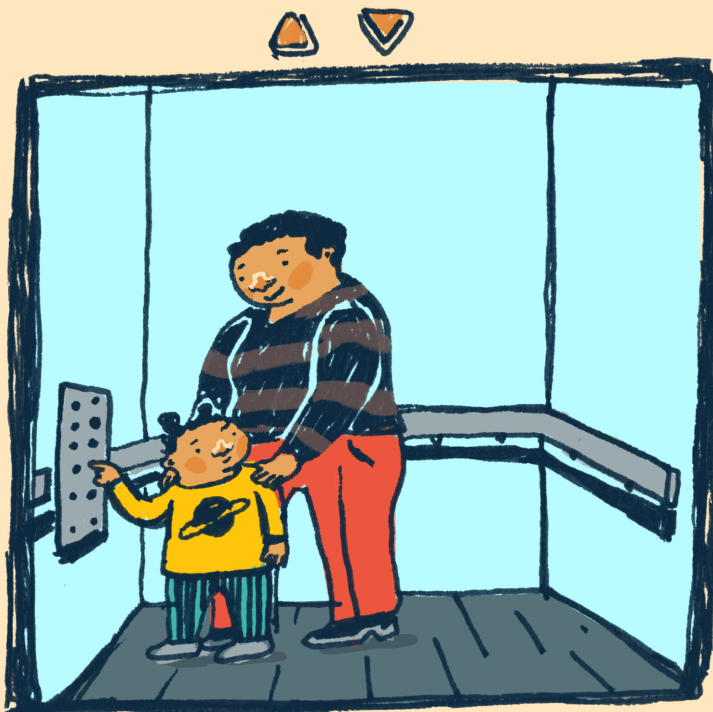


**Maya liked her. She got to color and play with toys while they talked.**

Other days there were other grown-ups to see.



They all talked so much. Sometimes Maya didn't remember who they all were.



At night, it was hard to fall asleep sometimes.

Maya missed her mommy and her house.



## ACTIVITY.

When Maya had a hard time sleeping, she tried something Sam taught her.

1. First she took a deep breath. Then she curled her toes and squeezed her feet really tight. Then she let go.
2. She squeezed her legs really tight. And let go.
3. She squeezed her tummy. And let go.
4. She squeezed her back. And let go.
5. She squeezed her neck and shoulders. And let go.

6. She squeezed her arms. And let go.
7. She squeezed her hands. And let go.
8. She squeezed her face. And let go.
9. And then she squeezed her whole body really tight, from her head to her toes all at once. And let go, right to sleep.

Do you ever have a hard time sleeping?  
What helps you fall asleep?



Once in a while, Auntie would take Maya to see Sam.

Sometimes Mommy and Jamila were there, too.



Sometimes, visiting Mommy was a happy day.



Sometimes, it was a sad day.



Each time, Maya asked if it was time to go back home.



Sam would say, "Not yet, Maya. Your mommy has been working really hard, but the judge says it's not time yet. I'm sorry."



**Mommy would say, "I promise I'm going to keep trying, Maya."**

**Jamila would say, "We're all doing everything we can, Maya."**



**And Maya would say, "Okay."**

**Maya was sad.**

**Auntie said, "I know it's not the same as your mommy's house, Maya, but this is your home for now."**



**"If there's anything I can do to make it more like home, you can tell me, okay?"**

**"Okay," Maya said.**

**Auntie put her hand on Maya's shoulder.**

**"Do you want to go blow some bubbles outside?" she said. "I know that makes you feel better sometimes."**



**"I guess so," Maya said and got her bubbles.**

Outside, Maya saw another girl playing.

"Do you want to blow bubbles with me?" Maya asked.



The little girl looked up and smiled. "Sure!"

**Maya smiled, too. It was almost summer again.**

**Maya didn't know when she would go home.**

**Some days were hard. She had a lot of big feelings.  
But she had her friends and her horses.**



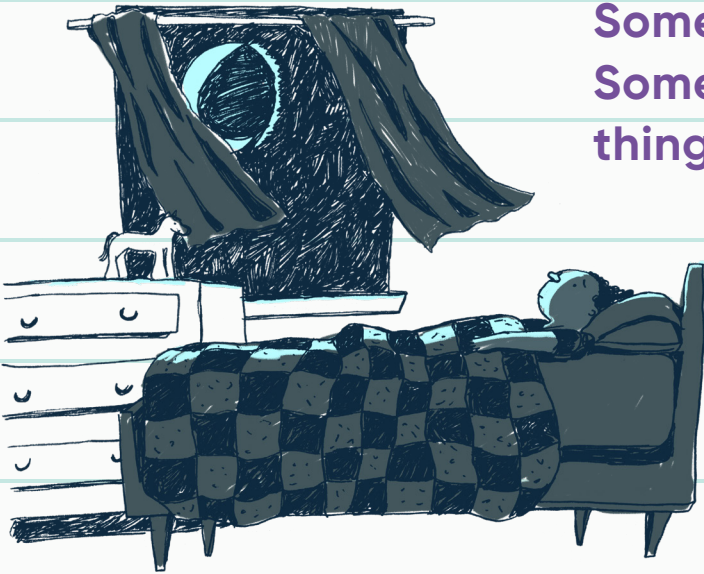
**And soon it would be warm enough  
for purple popsicles again.**

# WHAT CHANGED? WHAT'S THE SAME?

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When Maya went to stay with Auntie, some things changed.

Some changes might feel good. Some might not. But some things will stay the same.



In Maya's story, she had to follow different rules at her Auntie's house. But she still got to play with her favorite horse toy.



## WHAT HAS CHANGED FOR YOU?

Is there a change you don't like?

Can you think of one really good change?



## WHAT HAS STAYED THE SAME?

What do you still do that you enjoy?

What reminds you that you are still you?

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